



Emergency Family Planning Sheet

Fire, Earthquake, Hurricane and Winter Storms

When emergencies strike, you may have a very short time to evacuate your home. Emergency preparedness and planning can save time in an emergency and a few minutes could mean the difference between life and death. Be sure to register for emergency notifications in your local County, City or Town.

***This is a very extensive list. Create your **Grab and Go Bag** with items that are of highest priority for you and your family.

Grab and Go Bag/Kit ***

Prepare a bag with the following items which are useful for immediate survival and comfort. Additionally, it is important to have critical documents in the aftermath of a major event.

- Smart Phones and flashlights including a whistle for each person plus an LED flashlight with batteries in separate zip lock bag.
- Prescription and necessary medications for each family member; extra prescription glasses
- Other critical items (if possible digitally saved) - prescription meds; digital copies (thumb drives) of photos of your family, house and contents, marriage licenses, birth certificates, etc., which should also be stored in a waterproof bag. If stored in family safe, keep a note on handle of your "Go Bag" to remind you to collect these items from the safe as well as food and water noted below.
- First aid kit including face masks for adults and children.
- Non-perishable food for 5 days for each person in family (and manual can opener)
- Bottled water for 5 days (Replace water every year – on your birthday. Put date on containers.)
- Toilet paper, sanitary wipes and paper towels, Swiss army knife or similar tools (screw drivers, pliers, adjustable wrench and hammer), duct tape, whistle, set of keys for house and cars
- Copies of key documents, ranging from SS card, driver's license, passports, health insurance card, and electronic copies of wills, health directives, home, life and automobile insurance policies and passwords in a waterproof container.
- Laptop and back up hard drive with chargers for each.
- Extra set of clothes in waterproof bag
- At least \$300 in CASH, small bills, not just big ones, as you may not be able to get change.
- Comfort items such as candy, gum, stuffed animals, and family photos, etc.
- Non-electric entertainment such as cards, books, games, stuffed animals for children.

Action Plans for Your Family

In addition to a grab and go bag, the following preparations will help during an emergency such as a large-scale wildfire, flood, hurricane, or earthquake. Also register for emergency alerts from your County, City or Town. Choose a designated emergency meeting place outside the hazard area to know who is out safely.

- Know and practice several escape routes (as some may be closed) and keep key phone numbers on a note in your wallet.
- Create an evacuation plan for pets, including food, water, extra leash, medications, and toys.
- Discuss what children should do if at school and who would be an alternative person to pick them up, including completing permission forms as required by their schools. Make sure they know how to contact their relatives and which relatives to contact.

- Build a family communication plan that designates an out of area friend or relative as a single point of contact in case of separation and practice it with neighbors with their phone numbers carried your wallet.
- Always maintain at least a quarter tank of gas in your vehicles. Store a whistle, flashlight, seatbelt cutter, and hammer for getting out of the car in an emergency. Keep fresh bottled water and health bars in the glove box.
- Keep an extra emergency supply kit with water and non-perishable food and flashlight (with extra batteries) in your vehicles.
- For earthquake protection make sure large items (water heater, TV, bunk beds) are bolted to walls. Immediately duck under a table or desk at the first rumble/shaking.
- Keep fire extinguishers and flashlights in kitchen, garage, hall closet, as well as flashlights in each room. Ensure that all family members know where they are located and how to use them.
- Share this Planning Sheet with your neighbors, friends and other family members.

Winter Survival Kit (Blizzards, Snowstorms)

- Blankets, mittens, socks and hats
- Winter boots
- Hand warmers
- Ice scraper and snow brush
- Aluminum Flashlight with 9 LEDs, plus extra batteries (or a hand-crank flashlight)
- Jumper cables
- Bottled water, bars
- Multi-tool (such as a Leatherman multi-tool or a Swiss Army knife)
- Road flares, LED safety strobe or reflective warning triangles
- Windshield washer fluid
- Collapsible snow shovel
- Emergency whistle

Medical Items for Cystic Fibrosis and Post Lung Transplant Family Members

- A 5-day minimum supply of medications, along with a cooler and ice packs if your medications require refrigeration. Also, medical supplies if needed, such as syringes, insulin pump supplies, additional Continuous Glucose Monitors, blood sugar testing supplies (strips and lancets), contact lens solution, glasses and/or hearing aids and extra batteries for people who need them.
- An identification band with your full name, a list of any allergies and a family-member contact number.
- If time allows, take all of your medical devices, including oxygen, medication nebulizers and nebulizer machine, airway clearance items (the Vest, Flutter, Acapella units), walkers and wheelchairs. Keep a list in a waterproof bag of your medical devices and include model numbers and the vendor of the products.
- Additional documents in a waterproof bag: they should include a personal care plan; contact information for family members; a medication list including the dosage, exact name, pharmacy information and the prescribing doctor for each medication; a list of food or medical allergies; copies of photo IDs and medical insurance cards; and a durable power of attorney and/or medical power of attorney documents

This list was gathered with input from CAL Fire, LGMS Police and by Los Gatos, California Democracy Tent folks